

2010 NPC Panhandle Showdown

Bodybuilding, Figure, Fitness & Bikini Championships

Check-In and Weigh-In

All athletes must check-in/weigh-in on Friday, April 9th between the hours of 4:00 P.M. and 7:00 P.M. **No weigh-in on Saturday morning.** Weigh-ins will be held at Powerhouse Family Fitness 6933 N. 9th Ave, Pensacola, FL 32504. Phone Number 850-479-1402.

Competition suits for all bodybuilders must be worn to weigh-in. Figure, fitness, and bikini contestants must bring their suits for inspection. If you have any doubt about the suit style, bring a second suit.

The athlete's meeting will be Saturday, April 10, 2010, 8:00am at Pensacola High School cafeteria. Prejudging will begin at 9:30am.

Night Show

The night show will be held at Pensacola High School Auditorium located at 500 W. Maxwell, Pensacola, Florida. 32501. Show begins at 5:30pm, Saturday, April 10, 2010.

Music/NPC Regulations

- All Athletes **MUST** supply their own music. **Bodybuilder's music MUST be no longer than 90 seconds.**
- Posing music on CD only.
- Posing music **MUST** be the only music on the disc.
- CDs will be collected at the Saturday morning athletes meeting.
- Men and Women bodybuilding athletes will not use music at prejudging.
- Competition suits **MUST** be worn to weigh-in.
- No "T" or thong suits will be allowed. However, female bodybuilding competitors will be allowed to wear multicolored posing suits and jewelry at the evening show. Emphasis is on "good taste"!
- Women bodybuilders will be permitted to crossover into Figure. Women bodybuilders and figure competitors **CANNOT** crossover into Bikini.
- **Bikini competitors cannot crossover into any other division at the same event.** **Bikini will wear a two piece suit, not necessarily a "figure" two piece, but they could be the same suit, suit bottom must be v-shaped, no thongs permitted. Heels can be the clear acrylic but not necessarily recommended. Bikini competitors may wear jewelry. Athletes will walk on stage individually, walking to center, doing a full turn, not four model poses like figure, then walk to stage right, then all athletes will be brought to the center line and compared facing front and facing back only. Judges will be scoring on balance and shape and overall physical appearance including complexion, skin tone, poise and overall presentation. Competitors are not to "pose" as in figure with shoulder blades pulled apart and muscles tight.**
- **NO REFUNDS**